

KRIS GETHIN'S 8-WEEK HARDCORE DAILY VIDEO TRAINER



DAY 43: Quads, Calves & Lower Abs

Cardio: 50 Minutes AM / 50 Minutes PM

Legs

EXERCISES	SETS / REPS	WEIGHT	NOTES
SUPERSET	3 Sets		1a. + 1b. = 1 Superset
1a. Leg Extensions	20, 15, 10 Reps		40 Seconds of Rest - 1st Superset
1b. Seated Leg Press	20, 15, 10 Reps		30 Seconds of Rest - 2nd Superset
SUPERSET	3 Sets		2a. + 2b. = 1 Superset
2a. Hack Squat	20, 15, 10 Reps		40 Seconds of Rest - 1st Superset
2b. Barbell Squat	20, 15, 10 Reps		30 Seconds of Rest - 2nd Superset
Calves			
SUPERSET	3 Sets		3a. + 3b. = 1 Superset
3a. Seated Calf Raises	20, 25, 30 Reps		20 Seconds of Rest Between Supersets
3b. Flat bench Lying Leg Raise	FAILURE		

Training, Nutrition, Supplementation Notes: